



Institute for Continued Learning Digest

Welcome to the 87th Edition of the ICL Senioritis

Vol. 87, November 24, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- [The Spring Semester schedule is posted online!](#) (click on the red dot menu ☰ in the upper right and select a month)
- **Board Meeting Highlights (11/18/2021):**
 - The board voted to *not* ask for dues for Spring semester which is to be held in-person in Kaneko Auditorium at TIUA on Tuesday and Thursday mornings - starting January 11, 2022.
- **General Meeting Results (11/23/2021):**
 - The Nominating Committee presented the slate of [board members for the academic year 2022-2023](#). The slate was accepted by acclamation. *Congratulations, board members! And Thank You!*
 - Members also voted on the new proposed constitution which was adopted unanimously. *The [new constitution](#) takes effect today!*
 - Social Services announced a **coffee social** before the first in-person class on January 11, 2022. More information will be forthcoming.
- **Spring Semester Parking:** If you want a parking permit for the Willamette Heritage Center parking lot during the Spring semester please call or email Gary Slangan: garyslangan@msn.com. Put "Parking Permit" in the subject line and just your name in the text.

Jean Rover's book, Touch the Sky has been published!

Available on [Amazon](#).

Something's amiss in Oregon's backcountry. A teacher spots a scruffy stranger loitering near the Forest Lake grade school, and there's a young boy missing in a neighboring county. Then eight-year-old Cody Benson, on an outing with his grandfather in the Big Bat Wilderness area, vanishes. Ken Blake, the deputy sheriff coordinating the search for Cody, thinks he wandered off and froze to death. Cally Benson, Cody's mother, and eventually, the townsfolk are convinced a registered sex offender, living nearby in a run-down mobile park, abducted the boy, and Ken botched the search. When the shaken town demands answers, they hurl rumors and accusations like primordial spears, but they are all wrong about what really happened to Cody.



[November 17th was GIS Day!](#)

[GIS Day](#) is a worldwide event that celebrates the technology of Geographic Information Systems (GIS) or those who use geographical information and advanced software to visualize complex issues.

In celebration and recognition of Salem's staff for their hard work, we have produced a visual story of how our GIS staff responded to the disaster efforts during Ice Storm 2021. [Follow the story... ..more on GIS Day...](#)

History of the phrase 'thank you'

We teach young children this phrase at a very early age as a form of politeness, but the words "Thank you" actually come from the Old English

Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

[National Geographic: Penguins \(YouTube\)](#)

Thank you, Judy, for an amazing presentation! If you want to see parts of the presentation (you can search for more on YouTube):

- [Macaroni Penguins Swim, Surf, and Dodge Seals to Survive – Ep. 2 | Wildlife: Resurrection Island](#)
- [Go Inside an Antarctic 'City' of 400,000 King Penguins — Ep. 4 | Wildlife: Resurrection Island](#)



[Oregon's COVID-19 Data Dashboards - Table of Contents](#)

Heard at ICL Happy Hour:

"How do Sand Dollars reproduce?" "They make change."

word for 'think'. It dates back to sometime between 450 and 1100BC according to the Oxford English Dictionary. It is believed that it was used to mean "I will remember what you did for me." The idea of being obliged to someone else can be seen in languages like Portuguese's "*obrigado*." The standard expression of thanks in French also comes from a term relating to transactions and debts — *Merci* derives originally from the Latin *merces*, meaning 'wages, payment, reward for service'. The Italian *grazie* and the Spanish *gracias*, on the other hand, both derive from the Latin *gratias agere* – simply meaning 'to express gratitude' – much as we say in English, 'I am very grateful'. From these, "thank you" progressed to meaning 'a favorable thought or feeling' and by the Middle Ages, it came to mean a "kindly thought or feeling towards anyone for a favor or services."

The habit of always saying "thank you" took hold during the commercial revolution of the 16th and 17th centuries. It was considered the language of doing business among the shopkeepers and offices of the middle class. Over the last five hundred years, it has come to be expected as a form of basic civility throughout the world.

When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. They enhance our mood immediately, making us feel happy.

Being Grateful on Thanksgiving

We think of Pilgrims and Thanksgiving as a given, but the truth is, the Pilgrims never held an autumnal Thanksgiving feast. While they did have a feast in 1621 after their first harvest, it was never repeated and was never a tradition. In fact, a day of thanksgiving by the religious Pilgrims would have been a day of fasting and prayer, not feasting.

According to a first-hand account of Edward Winslow, we know that many fowl were killed, including ducks, geese, turkeys and even swans. Five deer were brought to the feast along with a 'bounty of cod and bass, and flint' (a native variety of corn harvested by the Native Americans which was eaten as corn bread or porridge). The gathering, which included Native Americans, lasted over three days, although it was noted that there was enough wild fowl "to supply the village for a week." (Mourt's Relation) It is likely that pumpkin and other squashes were included on the menu along with all of the vegetables they harvested that year. Furmenty, a wheat pudding similar to an Indian Pudding, was also served. We know that there were no mashed potatoes and gravy because white potatoes hadn't yet crossed the Atlantic. There was no sweet potato casserole with mini marshmallows because tuberous roots hadn't yet been introduced from the Caribbean and the first recipe for marshmallow-topped sweet potato casserole was actually published by a marshmallow manufacturer in 1917. Cranberries may have been served but it would be another 50 years before someone would write down how to create a cranberry sauce for meat, and the cost of refined sugar at the time makes it an unlikely menu item.

As for today's tradition, Abraham Lincoln brought back a day of national Thanksgiving in 1863 on the advice of Sarah Josepha Hale. She convinced him that a national holiday of Thanksgiving would help unite the country after the Civil War. It has continued to be celebrated annually and was

[Find a COVID-19 vaccine near you \(enter zip code\)](#)

Or text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Without the bitterest cold that penetrates to the very bone, how can plum blossoms send forth their fragrance to the whole world?
- Matsuo Basho

A Word to Know: Garniture (GAR-ne-CHər) noun

Origin: French, late 15th century

1. A set of decorative accessories, in particular vases.

"Mabel decorated her living room around the antique garniture."

"The matching, ornate candelabras were eye-catching garniture."

[Free fishing in Oregon on Black Friday and Saturday after Thanksgiving](#)

SALEM, Ore.—It's easy to #OptOutside in Oregon on the Friday or Saturday after Thanksgiving—you can fish, crab or clam for free anywhere in the state!

[Oregon Fish and Wildlife](#) hosts annual Free Fishing Days the two days after Thanksgiving. That means on Friday and Saturday, Nov. 29-30, 2019, no fishing licenses or tags (including a Combined Angling Tag or Columbia River Basin Endorsement or Two-Rod Validation) are required to fish, crab or clam anywhere in Oregon. Got relatives or friends visiting Oregon from out of state? They can come along, too - non-residents are also free on these two Free Fishing days.

made officially the last Thursday in November by a Congressional decree in 1941.

So, this year, if you sit down to a turkey dinner with all “the traditional trimmings”, be very grateful. You could be eating three-day-old potage with a side of eel. Bon appetit!

[Salem Climate Action Plan 2021: Final Draft, November 2021](#)

The City of Salem is taking action to respond to climate change. Knowing that climate impacts have already begun to exacerbate hazards for our residents, the City has adopted ambitious greenhouse gas reduction goals and is strengthening our ability to address climate-related challenges. Building on regional action and with global deadlines to reduce greenhouse gas (GHG) emissions rapidly approaching, Salem’s Climate Action Plan comes at an opportune time to make real progress.

This climate action plan has two overarching strategic goals: to reduce GHG emissions (mitigation) and to increase climate resilience (adaptation). Both goals must be accomplished through equitable processes so that residents who are most vulnerable to climate-related hazards are engaged in planning processes, protected from severe impacts, and are able to access resources and opportunities to better prepare for climate change.

In addition to the main goals of reducing emissions and increasing resilience, the plan also aims to identify strategies to accomplish these goals, to prioritize these strategies, and to identify key partners in implementing the plan.

[50 Plus Magazine](#)

50plus Magazine publishes in print bi-monthly throughout the year except Oct/Nov/Dec when issues are published monthly. Online content is updated frequently at www.50plusmagazine.net and at 50plus Magazine on Facebook. Please join us!

Every issue of 50plus Magazine features inspiring hyperlocal stories, helpful information and resources, and entertaining features. The Spot Pet Pages each issue feature stories about the profound human/animal bond, animal welfare efforts and adoptables. Connect with Spot directly at spotmagazine.net or Spot Magazine on Facebook.

(Free): Available at Safeway and Roths and other outlets.

Click the links below to view a free digital version of our current issues.

- [Portland Metro Edition](#)
- [Willamette Valley Edition](#)
- [Archives](#)

(for another magazine focused on older adults see article to the right →)

[Local and Virtual Events!](#)

- **Tree Lighting Ceremony for Holidays at the Capitol - CANCELED**
- **[Elsinore Theatre Wednesday Film Series](#):** Every Wednesday at 2pm and 7pm; Tickets are \$10
- **[Camerata Musica](#) - Chamber music society of the Mid-Willamette Valley:** [Piano trios by Beethoven, Ravel, and Arensky](#) | Sunday, **November 28, 2021** | 2:30 PM | Unitarian Universalist Congregation of Salem (corner of Cordon Rd and Center St)

Although no licenses or tags are required, all other fishing regulations apply including closures, bag limits and size restrictions. See the Oregon Sport Fishing Regulations to find out more.

If you’re planning to fish for salmon, steelhead or marine fish, make sure to check the zone where you are fishing in ODFW’s Recreation Report for the latest on season and bag limits because regulations for these species change in-season.

[...continue reading...](#)

Quote: G.K. Chesterton, Tremendous Trifles

“The world will never starve for want of wonders; but only for want of wonder.”

[nextavenue magazine](#)

brings you stories that are inspiring and change lives.

Our mission is to meet the needs and unleash the potential of older Americans through the power of media.

Join Our Community:

We want to know what you're doing, what you're thinking about. Next Avenue is a two-way conversation that comes to life on the website, in social media, in user panels and in surveys and polls.

Please [sign up for our newsletters](#) and follow us on [Facebook](#), [Twitter](#) and [LinkedIn](#). You can also [send us feedback](#).

A "space jellyfish" tops September's [best science images](#).

**Questions?
Send us a message at
[ICL Digest](#)**

[Newsletter Archives](#)